

Gut Diagnosis Cyrex Array 4 and 10 Action Steps

1. Set up a free consult with Cyrex Laboratories to interpret one of your patient's Cyrex Array 4 or 10 test results.
2. Practice explaining to a patient or a partner the concept of food cross-reactivity.
3. Maltodextrin is used as a thickener, filler, or preservative in many **processed foods**. It is an artificially produced white powder that can be enzymatically derived from any starch, most commonly made from corn, rice, potato starch, or wheat. Discuss this information with a patient who might benefit from avoiding this food additive and may not be aware of this hidden ingredient.

Discuss answers to the following questions about Cyrex Array 4 and 10 with your partner/small group.

1. Will positive results always be positive?
2. Are equivocal results positive?
3. Should positive results be confirmed with elimination/provocation?
4. If reintroduction of positive food doesn't cause symptoms, is it safe?